

Tri-Cities Free & Low-Cost Food and Meal Programs

Program Name	Service	Location	Contact	Notes
FOOD BANK				
SHARE Family & Community Services	<p>Distribution of free pre-packaged food hampers for individuals and families in need who live in the Tri-Cities. Hampers are distributed at 3 locations every Wednesday.</p> <p>- People who's last name begins with the letter A-M are asked to come 10:00 am - 11:30 am Wednesday</p> <p>- People who's last name begins with the letter N-Z are asked to come 11:30 am - 1:30 pm Wednesday</p>	<p>Port Moody: SHARE building: 2615 Clark St. Port Moody (rear of building)</p> <p>Coquitlam: Hillside Community Church, 1393 Austin Ave</p> <p>Port Coquitlam: Trinity United Church, 2211 Prairie Ave</p>	<p>SHARE Food Bank Share Family & Community Services</p> <p>foodbank@stja.ca</p> <p>604-931-2451</p>	<p>Clients may attend once every two weeks</p>
CityReach Care Society	<p>Food for Families: Distribution of free pre-packaged food hampers</p> <p>Thursdays: 3:00 – 5:00 pm</p>	<p>CityReach Tri-Cities, 1932 Cameron Ave, Port Coquitlam</p>	<p>Food For Families — CityReach Care Society</p> <p>craigs@cityreach.org</p>	<p>In-person registration required. Please bring ID for each member of the family. This is a free program with no registration fee</p>
MEAL PROGRAMS				
Broadway Church	<p>Free meal program. Meals served in to-go containers</p> <p>Tuesdays: 6:00 – 8:00 pm</p>	<p>Port Coquitlam Campus, 1931 Cameron Ave, Port Coquitlam</p>	<p>604-253-2700</p>	
CityReach Care Society	<p>Meals to Go: Bagged sandwich meals distributed at Lions Park</p> <p>Sunday, Monday, Wednesday, Thursday, Friday, Saturday: 4:00 pm</p>	<p>Lions Park, 2300 Lions Way Port Coquitlam</p>	<p>craigs@cityreach.org</p> <p>Meals to Go — CityReach Care Society</p>	
<p>Information on meal programs is available at Food & Meal Programs « Tri-Cities Homelessness & Housing Task Group</p>				

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MEAL DELIVERY				
City of Coquitlam	<p>Meals for Seniors: Frozen meal delivery program for seniors living in Coquitlam. Meals are \$7.50 each. Call Glen Pine Pavilion at 604-927-6940</p> <p>To place an order for delivery on Tuesdays, call on Monday between 10:00 am – 2:00 pm To place an order for delivery on Friday, call on Thursday between 10:00 am – 2:00 pm</p>	1200 Glen Pine Court, Coquitlam	<p>604-927-6940</p> <p>Glen Pine Pavilion - Meals for Seniors</p>	<p>See website for the weekly menu. Payment is arranged over the phone using your credit card. There is a 2 meal per person limit - 4 per eligible couple</p>
Better Meals	<p>Food Delivery Service. Order meals online or by phone. Meals start at \$7.50; free delivery for orders over \$30.00</p> <p>Ordering available via phone Monday-Friday, 8:30 am - 3:00 pm Pick-up available from Burnaby location: 10:00 am -4:00 pm Meal Delivery service available in Tri-Cities on Wednesday</p>	5742 Beresford St, Burnaby	<p>Better Meals</p> <p>604-299-1877</p>	All orders need to be received before 2:00 pm at least two business days before delivery day
PoCoMo Meals on Wheels	<p>Home-delivered meals to support nutritional needs of seniors, the disabled, and those recovering from surgery or illness in community. \$5.75 per meal. See website for menus</p> <p>Monday-Friday: 11:00 am - 1:30 pm No services on weekends and statutory holidays</p>	PO Box 304 Stn Main, Port Coquitlam	<p>What is Meals on Wheels? PoCoMo Meals On Wheels</p> <p>604-942-7506</p> <p>Pocomomealsonwheels@hotmail.com</p>	Application process: self-referral or referrals from family, friends, health professionals accepted. Visit website for meal schedule and registration.

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OTHER RELATED SUPPORTS FOR SENIORS				
SHARE: Better at Home BC 2-1-1	Services for seniors: phone and/or virtual check-ins; grocery shopping and delivery; meal preparation and delivery; prescription pick-up and drop-off To qualify: 65+ years, living in the Tri-Cities, living at home (not independent/assisted living) SHARE Office hours: Monday – Friday 9:00 am – 5:00 pm BC 211 Phone Service: 7 days per week 8:30 am – 6:00 pm	2615 Clark St.	Dial: 2-1-1 or visit www.bc211.ca SHARE office: 604-937-6991 Better at Home Program – Housekeeping Services Share Family & Community Services	
Tri-Cities Seniors Planning Network	Connecting local volunteers to seniors in need. Services include: picking up groceries; transportation to medical appointments; daily phone calls when people feel lonely Email triciesseniorsplanningntwk@gmail.com to volunteer or access services	n/a	Ken: Triciesseniorsplanningntwk@gmail.com	
SUPPORTS FOR SCHOOL DISTRICT 43 STUDENTS				
School District 43 is partnering with SHARE Family & Community Services to support families. The culinary programs at Centennial, Riverside and Gleneagle will assemble grocery bags filled with fresh produce to help support food security in the community. Please see above for SHARE’s distribution sites and times				